



# The Senior Spirit



Newsletter of the Amherst Senior Center/Council on Aging

No. 6, Volume 34

December-January, 2006

December 1, 2005

## Holiday Bazaar Planned

**Friday, Dec. 2nd 10-2 PM**

Goal: To purchase a new reception desk for the Senior Center

Baked goods

Jewelry

Books/games/puzzles/toys

White elephants

Knitted goods

Crafts



**A luncheonette will be serving soup, sandwiches, desserts and drinks.**

**PLEASE COME 12/2 ! WE REALLY NEED YOUR SUPPORT!**



*You are invited to our...*

**ANNUAL  
SENIOR CENTER  
HOLIDAY PARTY**

**Tuesday, Dec. 20th**

**1:30 PM**

**Bangs Community Center**

**Featuring:**

**“The Young At Heart” Chorus**



## **HOLIDAY HAPPENINGS AT BANGS**

### **AMHERST MIDDLE SCHOOL CHORUS CONCERT**

**Saturday, December 10th, 2 PM**

Approximately 100 seventh graders will present a concert of all types of music including seasonal favorites, with Director David Ranen and Accompanist Bill Sbrega. Please come to this festive event.

### **WILDWOOD SCHOOL CONCERT**

**Wednesday, December 21st, 10 AM**

Seventy fourth graders are planning to present a free concert at the Senior Center to celebrate winter and the holidays. We are hoping for a nice-sized audience, so please come!

### **DID YOU KNOW?**

The Town of Amherst's IT (Information Technology) Department has expanded the Public WI-Fi (wireless) Internet Service. The following locations now have access to this service: Jones Library and branches (since June), Town Hall meeting rooms (new), Bangs Community Center meeting rooms and courtyard (new), the Town Common (new) and Sweetzer Park (new).

### **BAD WEATHER NOTICE**

It is a challenge for the Senior Center to cope with running its programs when the weather turns foul. Naturally we want people always to err on the side of caution when attending. Unless the Town Manager closes the Bangs Center officially and sends all employees home, at the very least a skeletal staff will be at the Senior Center on storm days.



Activities **will be cancelled** if it is clear that driving and walking are dangerous. ALWAYS CALL US FIRST TO CHECK ON WHETHER THE PROGRAM YOU WANT TO ATTEND IS STILL “ON.” We will put an announcement on Channel 22 if we are opening late or closing early. Highland Valley announces its decision about lunch on this station as well. If there is a notice that all Amherst Town buildings are closed, we won't have a separate notice (as we are in a Town building).

### **TOWN MANAGER SEARCH**

The Citizens Advisory Committee invites seniors to tell them what qualities they would like in the new Town Manager on Friday, December 2nd, at 2:00 pm in Rm. 101 at the Bangs.

### **Editors of THE SENIOR SPIRIT:**

**Nancy Hirsh Pagano, Karen Erman, Judy Moore  
256-4057; 256-4061 (FAX)**

**E-Mail [seniorcenter@amherstma.gov](mailto:seniorcenter@amherstma.gov)  
(Deadline for next issue is 1/9/06)**

### **COUNCIL ON AGING MEMBERS**

**Henry Peirce, Al Byam, Frank Lattuca, Elsie Fetterman, Doris Holden, Susan Whitbourne, Barbara Sutherland, Rosemary Kofler, Tom McAuley**



THE AMHERST SENIOR CENTER  
Presents

**MUSICAL SHOWCASES**  
Fridays (as listed below) at 2 PM  
Bangs Community Center, Amherst



FREE ADMISSION — FREE REFRESHMENTS  
For more information call Nancy Pagano at 256-4057

**December 9th, 2005**



**"Rotisserie Chicken"**  
An Amherst College jazz combo:  
trumpet, clarinet, alto sax, guitar, piano, bass, + drums

**January 6th, 2006**



Concert Soprano, **Jeanette Miller**, will perform  
**"Some of My Favorite Musicals"**  
**Ruth Green**, Mt. Holyoke College Professor,  
will serve as accompanist

**January 20th, 2006**



Solo Performance by  
**Sara Orellana**, Flamenco Dancer

**Amherst Senior Center Staff**

Nancy Hirsh Pagano, Director/Program Director  
Maura Plante, Program Director/Social Worker  
Karen Erman, Administrative Assistant  
Ferne Finger, Amherst Lunch Site Director  
Marlene Barnett, Program Coordinator  
Carol Hayward, Lunch Site Assistant  
Anita Chan-Randall, Program Assistant

The Senior Spirit is published bi-monthly  
by the Amherst Senior Trust  
70 Boltwood Walk  
Amherst MA 01002

The subscription price is \$10 yearly, although Amherst residents  
59+ are entitled to receive it at no charge.  
**Deadline for the next Spirit is Jan. 9th, 2006.**

## FITNESS CLASSES

### KEEP FIT CLASSES WITH MARCIA FEINSTEIN—Aerobic Exercise Set to Music

Classes are held at St. Brigid's Parish Center. Classes are held Mondays from 10:30-11:30 AM, and Tuesdays and Fridays from 9:30-10:30 AM. Classes are \$3 each, and the site is St. Brigid's Parish Center on Prospect Street. Newcomers can join the fun at any time. No classes for two weeks 12/26-1/6.



### TAI CHI—Mondays 3-4 PM

Bailing Li's weekly **TAI CHI** classes are held Mondays from 3-4 PM at the Bangs Center. The charge is \$6 per session, and students are asked to pay \$60 for the 10-week series at the first class or the prorated amount for whatever number of classes are left in the series, if joining after the first session. Beginners and advanced students may join at any class (this series began on Nov. 28th). A new series begins on February 27th.

### GENTLE FITNESS CLASSES—Mondays, Wednesdays + Fridays, 11-11:30 AM

**Gentle fitness classes** continue Mondays, Wednesdays and Fridays from 11-11:30 AM at the Bangs Center. Dona Motts is the instructor for most of the year. All exercises are done in a standing or sitting position and are set to music. There is no fee; participants donate what they can afford.



### STRENGTH CONDITIONING—Tuesdays, 9:30-10:30 AM + Fridays, 8:30-9:30 AM for six

weeks These exciting classes offer resistive weight training, with or without the use of hand weights. Students begin with a 3-5 minute aerobic warm-up following a stretch segment. The strength conditioning phase will consist of a variety of exercises working each muscle group, to build and strengthen the muscles. Hand held weights are optional; dumbbells are preferred. This class will enhance your ability to lift and carry objects and to perform other daily activities. The use of hand weights will also increase your metabolism, so your body will be burning more calories.

**A new six-week session begins January 24th. Classes are Tuesday mornings from 9:30-10:30 AM and Friday mornings from 8:30-9:30 AM. NEWCOMERS ARE WELCOME TO JOIN THE ONGOING CLASS ANYTIME.** The cost is \$42 for six weeks, payable to the instructor, Marie Boisvert. The Senior Center provides mats for stretching and ankle weights for people to share, if needed. Participants should buy their own dumbbells.

### FOLKDANCING

Exercise your mind as well as your body w/ INTERNATIONAL FOLKDANCING. Folkdancing is a gentle, weight-bearing activity that engages your brain as well. Best of all, it's FUN! If you can walk, you can do these dances. All dances are taught. The folkdance group meets Tuesdays, 1-2 PM in the Bangs Center Large Activity Room. Newcomers can join at any time, and there is no fee. Because of the holiday, there is no folkdancing on December 20th or 27th.



### YOGA FOR ARTHRITIS SUFFERERS

Back by popular demand! Once again, Susan Roitman is teaching this great class! These special exercises will increase circulation, improve range of motion, and strengthen your muscles to give more support to your joints. New students can join at any class; the price is prorated. **Classes meet Wednesdays 9:30-10:45 AM. Cost: \$30 for six weeks. A new class starts on Dec. 14th and goes through January (no class 12/28).** Please register in advance by calling the Sr. Ctr. at 256-4057.

### SENIOR CENTER WALKING GROUP

Beginning Dec. 1, the Walking Club will meet Thursdays at 9 AM in front of the ticket booth of the Cinemark Theaters at the Hampshire Mall.



Anyone needing a ride should call Marlene at 256-4057 on the Wednesday before the walk to request a ride. Seniors may also take a PVTa bus for \$1 from the bus stop in front of the Kellogg Avenue Post Office to the Mall. Call 413-586-4806 to confirm the PVTa bus schedule ahead of time.

For further info, call Marlene at the Senior Center, Wednesdays, Thursdays or Fridays at 256-4057.

## Audio Book Club



**Not like any other Book Club.**

**NO FEES. NO OBLIGATIONS!**

**It is just sheer pleasure exchanging tips on your favorite cassettes!**

**PLEASE CALL ALVA AT 256-4514.**

**Meetings will be on the first Tuesday of each month. Next meetings are:**

**December 6th + January 3rd, at 2 PM, in the Bangs Center, Room 101.**

TEN TIPS ON THE NEW MEDICARE DRUG BENEFIT

By Cami Elbow, SHINE counselor



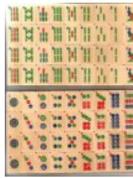
1. **The Medicare prescription drug benefit (Part D)** is insurance, through private companies, to cover part of the cost of your medications, beginning January 1<sup>st</sup>. Everyone on Medicare can enroll in a Part D plan from November 15, 2005 to May 15, 2006. Enrollment is voluntary but there is a penalty for late enrollment.
2. **An “extra help” subsidy for low-income people** helps pay the premiums, deductibles and co-pays of the Part D plans. Individuals with monthly incomes below \$1,197 and assets below \$11,500, and couples with joint monthly incomes below \$1,604 and joint assets below \$23,000, should apply for the subsidy. (Call Social Security at 1-800-772-1213 or 1-413-774-6031 for application forms.)
3. **If you have an employer or retiree health plan with drug coverage**, your plan will notify you whether your current drug coverage is “as good as or better than Medicare coverage”. If it is, you should not do anything. GIC, Veteran’s, TRICARE, Town of Amherst, and Federal employee plans are OK. If your plan has told you your current coverage is not as good as Medicare, you should choose a Medicare Part D plan (see #9 & 10, below). If you have not heard from your retiree plan, call your benefits administrator.
4. **If you have full MassHealth/Medicaid plus Medicare**, you will be automatically enrolled into a Medicare Part D plan as of January 1<sup>st</sup>. When you get the enrollment letter, contact that company and ask if they cover the drugs you take. If not, you can switch to another plan (see #9 & 10, below). You are automatically eligible for the “extra help” subsidy and do not need to apply for it.
5. **If your Part B premiums are paid by a Medicare Savings Programs** (QMB, SLMB, QI-1), you should enroll in a Part D plan right away, so your drugs will be covered after January 1<sup>st</sup> (see #9 & 10, below). You are automatically eligible for “extra help” and do not need to apply for the subsidy.
6. **If you have Blue Care 65 or another Medicare HMO**, they will automatically enroll you in their new basic Medicare HMO plan, which includes drug coverage as good as Medicare Part D, or you can upgrade to their “enhanced” plan at a higher premium. Do not sign up for any other “stand-alone” plan or you could lose your HMO. If you have low income and low assets, apply for the “extra-help” subsidy to reduce costs.
7. **If you have Prescription Advantage**, they will automatically enroll you in a Part D plan and will pick up part of the cost of your new plan, depending on your income. If the plan they choose doesn’t cover your drugs, you can switch to another plan (see #9 & 10, below). If you currently pay \$0 premium, you must apply for the “extra-help” low-income subsidy before December 31, even if your income and assets are too high, or you will lose your Prescription Advantage.  
If you currently pay a \$99 Prescription Advantage premium, you will not be automatically enrolled in a Part D plan, but you should seriously consider switching to one because you will probably save money.
8. **If you have Medex Gold or Silver, or AARP Supplement 2**, you can keep it, but it is very expensive (the premium will be over \$600 in '06). Consider switching to a Medicare Part D plan (see #9 & 10, below).
9. **If you have no drug coverage** (Medicare alone, Medex Bronze, or AARP Supplement 1), you must either join a Part D plan by May 15 or risk a penalty later. First, make a complete list of all the medications you take, including brand or generic name, dosage and cost. Then see the list of plans in the *Medicare and You 2006* handbook (pages 96 – 97F). Contact the companies to find out whether they cover your medications and your pharmacy. Compare the costs and benefits of their “basic” and “enhanced plans”. If you have low income and low assets, apply for the “extra-help” subsidy.
10. **Help is available!**
  - Use the online tools at [www.medicare.gov](http://www.medicare.gov) or [www.massmedline.com](http://www.massmedline.com) to find and compare plans.
  - Call Medicare at 1-800-MEDICARE, or MassMedLine at 1-866-633-1617
  - Call for an appointment with the SHINE counselor (256-4057). Extra appointments are available.

**SHINE Counselors provide free information, counseling and assistance to seniors on topics such as Medicare, insurance claim forms, Medicare supplements, HMOs, Medicaid and other health insurance options. This program is very helpful. The SHINE Program is a free, confidential service of the Executive Office of Elder Affairs, in conjunction with Franklin County Home Care Corporation and local Councils on Aging.**

**SOCIAL PROGRAMS**

BEGINNING CHINESE MAH JONGG

Tom Chang, native of Yang Zhou, China, and resident of Belchertown, offers free lessons in Chinese MahJongg at the Amherst Senior Center. Chinese MahJongg classes are held Tuesdays, from 12:30-2:30 PM. All are invited to come join the fun any week.



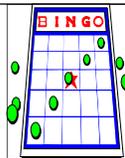
BRIDGE PLAYERS..

**WE NEED YOU.** Come and enjoy an afternoon of playing bridge with friendly, fun-loving people. We start at 12:30 PM on Wednesdays in the Ethel Moore Gallery at the Bangs Community Center. **See you there!**



GROCERY BINGO

**BANGS COMMUNITY CENTER., RM 101**  
 Monday, December 5th, 1-2 PM  
 Monday, January 9th, 1-2 PM  
*No charge. Refreshments will be served.*



**ARTS AND CRAFTS**

INTERMEDIATE WATERCOLOR

CLASSES— 10 Wednesdays, 9-11:30 AM, beginning Jan. 4th, 2006

On Wednesdays, from 9-11:30 AM, Joanna Hudgens leads a joyful and low-key painting class. Come. Learn how to bring watercolor to life...focusing on mixing colors, brush strokes, light and shadow. Joanna may set up a still-life for all to re-create, or you can bring your own work in progress. Enjoy the camaraderie of this happy group. The cost is \$48 for the series. This class is limited to 15 students, and there must be a minimum of eight registered. Please sign up in advance for this class.

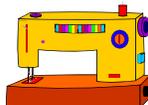


PAINT FOR FUN PAINTING WORKSHOP

Did you know that every Thursday from 9-12 noon there is a group of oil and watercolor painters who come together to just paint and socialize? This is a self-help, free program with no advance reservations needed. Bring your work in progress and enjoy good company. Refreshments are served. Everyone contributes a bit to the treats!

DO YOU LIKE HANDCRAFTS?

The Amherst Senior Center has a wonderful weekly craft workshop held at 9 AM Fridays here at the Bangs Community Center. Participants bring all kinds of projects of their own choosing and work on them in a pleasant and welcoming atmosphere. Free sewing and knitting classes have just begun as part of this workshop, and newcomers are always welcome to join. Participants sometimes make items to sell in the Senior Center's craft case to make money for worthy causes. Some craft materials like yarn or fabric have been donated by folks in the community, and these are free to anyone interested. Help is available with mending.



Most importantly, this is a welcoming group and a place to make new friends. Snacks are available too! We hope to see YOU there!

**LEARN HOW TO GET ORGANIZED**

CHAOS CONTROL – ORGANIZING FOR SUCCESS AND SANITY

Are you knee-deep in a life time of *stuff*? Cluttered work spaces driving you crazy? Papers and piles out of control? Has your office become a storage shed? On Monday, December 12th, at 1:30 PM, professional organizer Leslie Arriola will provide an interactive workshop on ways to conquer the clutter and chaos in your life so that you have time and space for the things you really want to do.

Whether you are moving into smaller quarters, trying to reclaim your office, or simply want to make better use of the living and storage areas in your present home, this workshop will help you learn how a few simple organizing strategies (and a sense of humor!) can help you reduce the stress and problems that disorganization brings, increase productivity, and allow you to regain control of your life.

Leslie has been solving organizational problems in residential, business and academic settings for over thirty-years. She has given workshops for a wide range of business and community groups, has been the subject of many newspaper stories, and, most recently, was featured on NPR's Motley Fool Show. Her professional organizing service, CHAOS CONTROL, is based in Amherst and serves businesses and individuals throughout the Pioneer Valley and the Berkshires.

**UNDERSTANDING MEDICARE PART D**

MEDICARE PART D WORKSHOP

Owen G. Mohan and Lisa Snook-Mohan will host a workshop on the subject of Medicare Part D on :

**December 12, from 10–11:30 AM.**

The discussion will include the following: important facts about Medicare Part D, the process of applying for a plan, types of plans available for purchase, and how to select an appropriate plan. A question and answer period will follow the presentation

***About the presenters...***

*Lisa Snook-Mohan and Owen G. Mohan have resided in Northampton, Massachusetts since 1975 and 1980 respectively. A former area teacher, Lisa has been an independent insurance broker since 1998 while Owen began his career in 1993. Licensed with over 40 companies, Lisa and Owen specialize in elder planning, taking a holistic and highly individualized approach to their work. Their professional designations of CSA, LTCP and LUTCF enable them to help each client understand his or her options for health care needs including legal instruments, government programs, private and community resources, and insurance. In addition to working with individual clients and businesses, Lisa and Owen host seminars and assist area attorneys in matters pertaining to insurance.*

**The Senior Center is in need of an adult wheelchair in new or like-new condition. Please contact Nancy at 256-4057 if you can help us obtain one. Thanks.**

**THE NEW OPTIONS GROUP**

We explore the pros and cons of a wide variety of research findings, concepts, practices, and ideas for more integrally conscious, healthful, wise, mutually empathetic living, aging, dying, and thereafter as they newly emerge from scientific, humanistic, and spiritual communities worldwide.



**December 7 – Feng Shui.** Meaning literally "wind water", Feng Shui is part of an ancient Chinese philosophy of nature (old option but new to many). As this video explains, Feng shui is often identified as a form of geomancy, divination by geographic features, but is mainly concerned with understanding the relationships between nature and ourselves so that we might live in harmony within our environment.

**December 14 - Healing Emotional Blocks with Takadimi Rhythm.** In this live presentation, composer John Cooper demonstrates how science and spiritual practices interface with the ancient and modern understanding of how the energetic systems of the body can work to surmount emotional blocks to healing. Basically, Takadimi Rhythm is about the circular movement of energy (vortexes) through the body's chakras.

**December 21 – Happy Holiday!** No meeting today.

**December 28 – Gadflies Without a Sting and The Power of Positive Skepticism.** In the first of these two articles, physician and philosopher, Deepak Chopra, while affirming he is a skeptic, posits that many skeptics take pride in defending the status quo and condemn the kind of open-minded inquiry that peers into the unknown. In the second piece, former Evangelical Christian, now an avowed atheist and president of the Skeptic Society, Michael Shermer, replies saying “. . . there is a way to do positive skepticism.”

**January 4 -- Subatomic age.** Humans create their own reality. That's the startling message in this article from nuclear expert Danah Zohar based on her research into the tiniest particles of matter. And we can change what we don't like about reality by becoming knights who pave the way to future based on spiritual values.

**January 11 – Mighty Times.** The story of the courage of Rosa Parks, and how she sparked a revolution, has been highlighted as an example of one person's simple act of defiance against racial bigotry, overturning an unjust law and creating a legacy of mighty times that continue to inspire those who work for freedom and justice today. Long time member of New Options, Jay Stryker, will be leading our video-based discussion.

**January – 18 – Teaching Tolerance.** As a follow-on to last week's discussion, Jay Stryker will lead our discussion about a video and selections from the Teaching Tolerance (to younger people) magazine published by the Southern Poverty Law Center.

**January 25 – Social Healing for a Fractured World.** In this article, internationally recognized peacebuilder and researcher Judith Thompson and Institute of Noetic Sciences (IONS) president James O'Dea discuss how a coherent vision of healing has begun to emerge, weaving together a diversity of approaches to address both individual and collective wounding.

*Coordinated by Bob Johnston, meetings are on Wednesdays, 2:00 to 4:00 PM in the Bangs Community Center, Room 101. While our discussions are limited to twenty people, visitors may sit on the periphery and listen. Should you have any questions please feel free to contact Bob at 665-8920, or you may Email him at: [omnimind@admin.umass.edu](mailto:omnimind@admin.umass.edu)*

*The Senior Center is delighted to be able to offer this new class taught by Instructor, Mrs. Dorothy Canciglia.....*

SHAKESPEARE'S "A MIDSUMMER NIGHT'S DREAM  
**Thursdays, 10-11:45 AM, January 5,12,19,26 and February 2nd.**

During the fall, we watched as conspirators plotted against and finally assassinated Julius Caesar. Then we saw what happened to Caesar's enemies, his friends—and Rome—during the immediate aftermath of his death. It was fascinating, but it was not pretty.

This winter, let's turn to something lighter. Shakespeare was a master of comedy as well as tragedy, and one of his most delightful comedies is A Midsummer Night's Dream. Come join us as we look forward to the warmth of spring and summer when we read and discuss this very imaginative play.

Please bring a copy of A Midsummer Night's Dream with you to the first class meeting. (*The New Folger Library Shakespeare edition is recommended.*)

**Please call the Senior Center at 256-4057 to register for this free class.**



FOR YOUR HEALTH

Amherst Senior Center's  
NURSING CENTER UPDATE

By Cheryl D. Smith, RN, MSN, CS-FNP,  
Director



Hours: Wednesdays and Thursdays, 9:30-12 + 1-2:30 PM. Wednesdays, either by appointment or as a walk-in. Both are welcome. **Thursdays are by appointment only.** For appointments or more information, please call Cheryl at (413)-261-4237, or leave a message at the Senior Center. Specify that you would like to have the message left in the blue Nursing Center folder.

**HEALTH CARE SERVICES**

In fulfilling our mission to **help seniors help themselves stay healthy**, the following services are offered to Amherst area Seniors:

- **Screening & Monitoring Symptoms of Health Problems:** We take blood pressure, test blood sugar and urine, and take weight measurements, etc. We seek to detect new problems or monitor ongoing health conditions;
- **First aid for minor trauma**
- **Assessing Effects of Meds. & Treatments**
- **Education** re: meds, diet, health conditions/ concerns, better healthcare, etc. We can help you identify and possibly change risk factors for developing health problems such as high blood pressure, heart disease, stroke, diabetes, etc.; and
- **Assistance with Health Care Referrals** to and from other health care providers.

LEGAL AND FINANCIAL: ISSUES AND ANSWERS FOR FAMILIES DEALING WITH ALZHEIMER'S DISEASE



For people in any financial situation, this free presentation from the Alzheimer's Association will offer information presented by an elder law attorney about important topics such as wills, durable power of attorney, healthy care proxy, and what Medicare and Medicaid do and do not cover. Too many people wait until it's too late before learning about these important issues.

While this program is not intended to substitute for a personal appointment with an elder law attorney, you will have the opportunity to hear about typical issues and problems that can be avoided or reduced by adequate planning.

Pre-registration is necessary; Call (800) 272-3900 to register. Please mark your calendars:

Thursday, December 8th  
1-2:30 PM

Presenter: Attorney Patrick Murray

"50 WAYS TO PROTECT YOUR IDENTITY & CREDIT

Everything you need to know about identity theft, credit card theft, etc."

A Presentation by  
Professor Steve Weisman  
of Amherst, MA

**Sponsored by:** The Amherst Police Department & The Amherst S.A.L.T. Council

**Where:** The Amherst Police Department conference room

**When:** Thursday, December 8th, 2005, 6:30 PM

**To Pre-register Please Contact:** Lt. Jennifer Gunderson, APD. Call her at 256-4012 or email: [police@amherstma.gov](mailto:police@amherstma.gov)

**Why?** The Amherst Police Department has been most concerned with identity theft and fraud affecting the elderly population, which is the fastest growing crime in the country. They have offered to host this program for the benefit of us all. Your S.A.L.T. Council strongly urges you to attend.

**NOTE:** Space is limited to 35 persons for this program so you must pre-register by December 5th. Light refreshments will be Served.

FIFTY WAYS TO PROTECT YOUR IDENTITY & CREDIT: Everything You Need To

Know About Identity Theft, Credit Cards,

Credit Repair, and Credit Reports

(Pearson/Prentice Hall, January 2005, \$19.95 Paperback)

**"This book may scare the hell out of you and rightfully so."** —Steve Weisman

**"A must-read for anyone with a bank account and a credit card."** —Bonnie Kirchner, Boston Stock Exchange Reporter, CBS, Boston

**About the author:** Steve Weisman is host of the nationally syndicated radio show *A Touch of Grey*. He is a member of the National Association of Elder Law Attorneys and has taught at UMass, Curry College and Boston University. He has earned a Certificate of Merit from the American Bar Association for his excellence in legal journalism.



COMPUTER CLASS

BEGINNING MS WORD

Carl Brose teaches a free five-week beginning MS Word class on Thursdays from 10-11 AM. A sign-up sheet is hanging in the Senior Center. When five people register then he calls folks on the list to let them know when the starting date is. If there is enough interest, a new class will start January 5th.

"Individuals signing up for MS Word will find the class most useful if they have had an introduction to the computer. It is asked that they be sufficiently savvy to start the computer, bring up a program, and be able to type at a reasonable rate (not necessarily fast or touch typing, but not a painfully slow hunt and peck.) It is also helpful if they can use an e-mail program. This class is not for Apple Computer users." —Carl



## SENIOR CENTER WELLNESS CLINICS HELD AT THE BANGS COMMUNITY CENTER

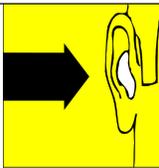
EAR IRRIGATION CLINICS

With Sharon Beaulieu

The Senior Center is now offering monthly ear irrigation clinics with Sharon Beaulieu. Each appointment is 45 minutes long and may be scheduled for two sessions. Patients need to use Debrox Wax Softening drops at home two days prior to their appointment for hardened wax problems. The cost is \$20 total for the entire treatment.

Dealing with ear wax is a continual problem for many people, particularly seniors, and we have had several requests to offer this particular clinic.

Upcoming clinics are **Thursdays, December 8th and January 12th, from 9 AM-12 PM**. Please call the Senior Center at 256-4057. Schedule an appointment.

HEARING AID REPAIR CLINICS

Courtesy of the Avada Hearing Care Center, hearing aid repair service is available regularly at the Bangs Community Center. Walter Nowak, a Hearing Instrument Specialist, provides hearing aid repair clinics and hearing screening twice a month at the Senior Center. He will be available **Wednesdays, December 7th & 21st and January 4th & 18th, 2006**



The following services will be provided at no cost:

- Hearing screenings for those who think they may have a hearing loss and would like to know if it's wax or an actual hearing loss. This will include an otoscopic examination;
- Hearing aid cleaning and service for current hearing aid users; and
- Testing for hearing aid performance.

If there is an internal problem with the hearing aid, Walter will assist you with returning it to the factory for repair. *There will be a factory charge for all aids that need to be repaired at the factory unless the aid is still under factory warranty.*

Please call the Senior Center at 256-4057, if you wish to make an appointment, or, if you wish information on hearing health, call 1-800-247-5666.

**How is your hearing affecting your life? Do you have to ask people to repeat what they say? Are you confident in what you hear? See Walter for a free screening!!**

MASSAGE CLINICS AT BANGS

Licensed Massage Therapist, Talya Solomon, is scheduling head and neck and full body massages at the Bangs Center by appointment. Her charges are reduced for seniors and are \$30 for one hour and \$15 for a half hour. **Clinics are held Tuesdays from 9 AM-3 PM**. Call Talya to make your appointment at 256-8225. Home visits are also available. *Scholarship help is available upon request.*

SENIOR FOOT CARE:CALL FOR AN APPOINTMENT

We have two registered nurses who staff our **Friday** clinics—Debra Sullivan and Sharon Beaulieu.

Debra Sullivan, a professional foot care nurse who lives in Huntington, handles the 1st and 2nd Fridays of the month and Sharon handles the remaining Fridays. Sharon's clinics are from 9-1:30 PM. Deb's are 9-3 PM. For an appointment call 256-4057.

Foot care includes nail clipping, callous removal, therapeutic foot massage and hygienic foot bath. The fee is \$25. Scholarships are available.

Our foot care nurses are willing to do home visits for foot care, if that is necessary. Call Deb at 413-667-5363, or Sharon at 534-9085, to schedule a treatment in your home (home visits are \$40).

ACUPUNCTURE CLINICS AT THE BANGS

Bailing Li is offering acupuncture clinics at the Bangs Center **Mondays, 10 AM-5 PM**. The fee is \$35 (normally \$65) a session. The first meeting with a client will have an additional one-time charge of \$10 for an evaluation.

To make an appointment, call the Senior Center at 256-4057, or Bailing at 413-788-9888.

BLOOD PRESSURE CLINICS HELD WEEKLY

Each Tuesday from 9:30-10:30 AM, the Amherst Senior Center holds blood pressure screening clinics, **free of charge**.



## NEIGHBORHOOD Diabetes

Helping to Make a Difference™

Tune Up Your Glucose Meter

Get Your Blood Sugar Tested

When? Dec. 20th & Jan. 17th, 9:30-10:30 AM

It is so important to your health that your glucose meter is working correctly!

A FREE "Tune-up Your Meter" clinic & blood sugar test service is being held at the Amherst Senior Center on the dates above. The program offers:

- A glucose meter accuracy test;
- A glucose meter code & battery check;
- A glucose meter time & date check;
- Display of all the NEWEST Glucometers;
- Glucose Meter Up-Grades; and
- A blood sugar test

FOR YOUR INFORMATION

**SOME HOLIDAY TIPS**

(Courtesy of Officer Sam Epiceno)



1. When shopping, don't put packages inside the passenger compartment of your vehicle. Instead, put them in the trunk where they are out of sight.
2. Try not to shop alone.
3. Try to pay by check or credit/debit cards, don't bring large amounts of cash with you.
4. Park in well-lighted areas.
5. Have keys ready to unlock your vehicle when you get to it.
6. Before approaching your vehicle, check to see if anyone is hiding underneath it.
7. Before unlocking and entering your vehicle, look inside to make sure no one is hiding behind the seat.
8. Tell friends/family where you plan to go shopping and what time you are expected home.
9. Try not to carry a pocketbook, but if you do, use one with a shoulder strap, wear the strap over your shoulder, and keep the bag tucked tightly under your arm.
10. Make sure you get all the copies of your credit/debit card purchases. Usually there are just two now, one for you and one for the store.

HAMPSHIRE/  
FRANKLIN TRIAD  
HOLIDAY SAFETY  
GIFT IDEAS FOR  
ELDERS

Grip socks, stair grips, grip mat for tub/shower floor, grip mat for under area rugs or non-skid area rugs, plastic bag gripper, universal remote control, portable phone, reflective vest for walkers, color code for keys, first aid kit, file of life, remote car starter, flashlights and batteries, phone card, motion detectors for walkways, answering machine with call waiting and caller ID, smoke detectors, carbon monoxide detector, nightlights for bathroom and hallways, hat + gloves, medicine organizer, clamp-on lamp, emergency kit for car, ice melt for walkways, medic alert ID bracelet, bus passes for the mall or senior center, gift certificates for: heating oil, supermarket or drugstore, car tune-up or oil change, automotive store (for wiper blades, car batteries, windshield), shoveling or plowing, housework, yearly car inspection, newspaper subscription, cable TV.



**AMHERST SENIOR TRAVEL CLUB LONG TRIPS**

**1. SAN ANTONIO GETAWAY featuring a visit to an authentic Dude Ranch**

May 8th-12th, 2006

5 Days • 7 Meals: 4 Breakfasts, 3 Dinners  
**Double \$1,099; Single \$1,349; Triple \$1,069 PP**  
 The Alamo • Paseo Del Rio • Tex-Mex Cooking Class • Salsa Dance Class • LBJ Ranch • Fredericksburg • Mayan Dude Ranch

**Also Included...**

Van service from Amherst, round trip air from Bradley, hotel transfers and departure taxes and fees of \$30 (subject to increase until paid in full)

**2. VOYAGE OF THE GLACIERS (ALASKA)**

August 1-12, 2006

12 Days • 23 Meals: 10 Breakfasts, 6 Lunches, 7 Dinners  
**Double \$3,299; Single \$4,749 PP Inside Cabin**  
**Double \$3,699; Single \$5,549 Single PP Outside Cabin**  
 Anchorage • Denali National Park • Tundra Wilderness Tour • Seward • Hubbard Glacier • Icy Strait Point • Skagway • Juneau • Ketchikan • Inside Passage • Vancouver

**Also Included...**

Van service from Amherst, round trip air from Bradley, hotel transfers, departure taxes and fees of \$96 (subject to increase until paid in full) and Port Charges of \$249

**3.. SHADES OF IRELAND**

October 6-15, 2006

10 Days • 13 Meals: 8 Breakfasts, 5 Dinners  
**Double \$2,579; Single \$3,179**  
 Limerick • Medieval Castle Banquet • Cliffs of Moher • Galway Farm Visit • Killarney • Jaunting Car Ride\*\* • Ring of Kerry • Blarney Castle • Waterford Crystal • Kilkenny • Castle Ring • Dublin • Irish Night

**Also Included...**

Van service from Amherst, round trip Air from Logan, hotel transfers and departure taxes and fees of \$240 (subject to increase until paid)

**COMPLETE DETAILS AT AMHERST SENIOR TRAVEL DESK**

**CAN YOU SPARE THREE HOURS?**

Barnes and Noble has offered an opportunity to our Senior Center to do some fundraising in their store. During the holiday season non-profit community organizations can collect donations by providing gift wrapping services to customers in their stores. Barnes and Noble provides the customers, location and wrapping supplies. Organizations furnish volunteers and a donation jar.



If you would be willing to work for three hours on Weds., Dec. 21st, or Friday, Dec. 23rd, 2005, wrapping gifts at Barnes and Noble, it would enable our Senior Center to earn a little money for our inadequate activities account. Our S.C. has agreed to supply two people to wrap from 3:30 until 9 PM. That means there are two shifts @ about three hours each—it might be fun to sign up with a friend. Call Nancy at 256-4057 if you want to help us in this way.

**DID YOU KNOW?**

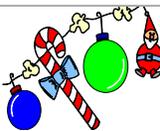
If you need to borrow medical equipment such as walkers, canes, raised toilet seats, etc., the Amherst Health Department has a free loan closet at the Bangs Center. Their phone number is 256-4077.



**AMHERST SENIOR TRAVEL CLUB BUS TRIPS**

Contact Grace Thayer or Nancy Pagano at 256-4057 for further information.

"A CURRIER & IVES CHRISTMAS"  
CHRISTMAS TREE SHOPS, DINNER  
AT STORROWTOWN TAVERN,  
VILLAGE GIFT SHOPS, BRIGHT  
NIGHTS



DATE: Tuesday, Dec. 6th, 2005  
LEAVE: 1 PM RETURN: 7-7:30 PM  
COST: \$62 (bus, dinner, admissions, tip)  
NOTES: Choose your meal: New England Roast Turkey or Yankee Pot Roast. We will visit The Christmas Tree Shops and then arrive at Storrowtown where we will have a chance to Shop in the Village Gift Shops. Our early dinner in the Tavern will include caroling and a visit from Santa.

RADIO CITY CHRISTMAS  
SPECTACULAR & SOUTH  
STREET SEAPORT FOR  
SHOPPING AND DINNER



DATE: Thursday, Dec. 15th, 2005  
LEAVE: 7 AM RETURN: 10:30-11 PM  
COST: \$105 **NEW PRICE** (show, bus, tip)  
NOTES: You will have some time before the 2 PM show to buy your own lunch and poke around the Rockefeller Center area or visit St. Patrick's Cathedral.  
WE HAVE CHANGED THIS TRIP SO THAT DINNER IS ON YOUR OWN AT THE SOUTH STREET SEAPORT.

BOSTON MUSEUM OF FINE ARTS

DATE: Thursday, January 12th, 2006  
LEAVE: 8 AM RETURN: 6-6:30 PM  
COST: \$30 (bus, tip) You pay \$13 admission.  
NOTES: You're on your own for the day.



MOHEGAN SUN CASINO

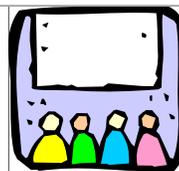
DATE: Thursday, January 26th, 2006  
LEAVE: 8 AM RETURN: 7:30 PM  
COST: \$25 (bus, tip)  
NOTES: You get the usual lunch + gambling coupons.



SENIOR TRAVEL CLUB NOTES: The next business meeting is Dec. 13th at 1:30 PM. Checks for trips should be made out to: "Senior Travel Fund." Please note: All trips leave from the Big Y parking lot at the south end near Bank of America's ATM. PLEASE SIGN EARLY FOR TRIPS SO THEY DON'T HAVE TO BE CANCELLED!!

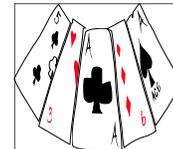
LUNCH AT PANERA AND MATINEE

DATE: Saturday, February 4th  
LEAVE: 11:30 AM RETURN: 3 PM  
COST: FREE! (van/cars, depends on #s)  
NOTES: You pay for your own lunch and \$5 movie.



FOXWOODS CASINO

DATE: Monday, February 20th, 2006  
LEAVE: 8 AM RETURN: 7:30 PM  
COST: \$25 (includes bus, \$10 food coupon and the usual gambling incentive coupons.)



HINSDALE RACETRACK

DATE: Saturday, February 25th, 2006  
LEAVE: 11 AM RETURN: 5 PM (approx)  
COST: \$25 (van, buffet)  
NOTES: Enjoy an All-You-Can-Eat Prime Rib Buffet! Dog races start at 1:05 and last for about three hours. THIS TRIP WILL BE CANCELLED IN THE EVENT OF STORMY WEATHER.



DELANEY HOUSE & ST. PATRICK'S  
DAY PARADE

DATE: Sunday, March 19th, 2006  
LEAVE: 9 AM RETURN: 3-3:30 PM  
COST: \$35 (buffet breakfast, van)  
NOTES: We will have a traditional Irish Sunday Brunch featuring assorted juices, French toast w/maple syrup, scrambled eggs, home-baked scones, a pastry table and more. Following this we will find a spot to watch the three hour annual St. Patrick's Day parade.

**SPECIAL REQUEST**

*Some of our travelers have allergies to perfume and other fragrances. Please refrain from using them when on STC trips.*

**The Senior Travel Club has just selected three new tours for 2006 in conjunction with Collette Vacations. See page 9 of this newsletter for more info or stop by the Senior Travel desk for a flyer.**

FROM THE DESK OF MAURA PLANTE — 256-4057

FUEL ASSISTANCE

The Fuel Assistance Program assists low-income households by paying a portion of their home heating costs. The program is available to both homeowners and renters, and covers all primary sources of heat (oil, natural gas, electric, propane, wood, coal, kerosene). If you are a single-person household, and your gross annual household income is less than \$19,140, or, a two-person household with a gross annual income of \$25,660, you should apply. When households receive Fuel Assistance, they are also eligible for discounts on their monthly electric and telephone bills, as well as help with heating system repairs and weatherization. Re-applications have already been mailed to elders who were on the program last year. These should be returned promptly with the proper documentation. For more information, call Maura Plante at 256-4057.

HHS ANNOUNCES MEDICARE PREMIUMS AND DEDUCTIBLES FOR 2006

The Department of Health and Human Services (HHS) announced the Medicare premium, deductible and coinsurance amounts to be paid by Medicare beneficiaries in 2006. The monthly premium paid by beneficiaries enrolled in Medicare Part B, which covers physician services, outpatient hospital services, certain home health services, durable medical equipment and other items, will be \$88.50. For Medicare Part A, which pays for inpatient hospital stays, skilled nursing facility, and some home health care, the deductible paid by the beneficiary when admitted as a hospital inpatient will be \$952. The Part B deductible will be \$124. In 2006, beneficiaries must pay an additional \$238 per day for days 61 through 90 and \$476 per day for stays 91-150 days. For stays beyond 150 days, all costs for each day are paid by the beneficiary.

SNOW DAYS!

If you live in Massachusetts you can be guaranteed that the weather isn't always predictable. Sometimes we have to make decisions early in the morning about whether we will have the noontime Home Delivered Meals and the UMASS Meals on Wheels delivered later in the day. We do our best to deliver meals, but safety comes first, and if we are concerned about the weather, we don't want our drivers on the road. Meals recipients should always have enough food in the house to make sure that food is available if their meal cannot be delivered. If you are not sure the food is coming, please call the center during the day. If we are closed, no meals will be delivered.

BROWN BAG DELIVERIES AND BAD WEATHER

The Food Bank has informed us that if they are closed they will have their information on the local radio station or you can call them at the Food Bank at 413-247-9738 and listen to their voicemail. You can also call the Senior Center at 256-4057, and, if we are here, we will fill you in on everything. If the Brown Bag is cancelled due to weather, we will try to reschedule it to be delivered within two weeks. If that isn't possible, it will be cancelled for the month. We do have our own small pantry that has some canned and packaged goods for emergency situations. Contact Maura Plante at 256-4057 if you need food.

**Valley Transporter:**  
The Easy Way to the Airport!



DOOR-TO-DOOR SERVICE  
BY ADVANCE RESERVATION Call: 253-1350

**WHALEN'S**

"SINCE 1958"

*Stationers and Office Furniture Company, Inc.*Tel: (413) 584-3208  
584-3794Fax: (413) 586-3670  
586-627959 Service Center Road  
Northampton, MA 01060

Email: whalens.com

*Welcome to Applewood*  
*a community for distinctive retirement living*

**Applewood at Amherst**

One Spencer Drive

Amherst, MA 01002

**(413) 253-9833**

info@LoomisCommunities.org



A not-for-profit continuing care community

www.LoomisCommunities.org



FINANCIAL PLANNING

MONTHLY "MONEY TALK" WITH HOWARD SINGER



Howard Singer, CFP, a local, fee-only advisor, conducts monthly seminars for the Amherst Senior Center. Howard leads a meeting the second Tuesday of the month at the Bangs Center for soon-to- retire and retired individuals who want the facts, not the fantasy, about money matters.

You are invited to attend Howard's informative meetings, whether you are a first-timer or a long-timer. Some of the topics to be discussed are: cash flow planning, low risk investment strategies, income investments (without commissions), long term health care issues, estate taxes, gifting, strategies, and more. **Tuesdays, December 13th, 2005, and January 10th, 2006, 10:00-11:30 AM.**

JIM BECKER'S FINANCIAL SEMINARS



Each month, Jim Becker, Investment Representative from Edward Jones, cordially invites you to attend his lecture series, which examines different ideas about how you can live better in retirement. Mr. Becker offers free monthly educational seminars focused on enjoying the savings you worked so hard to earn. A continental breakfast is also served. The seminars are held on the 4th Tuesday of each month at 8:30 AM, at the Bangs Community Center.

**December 27, 2005:** No seminar will be held.  
**January 24, 2006:** "529 College Savings Plan." Jim will discuss the 529 College Savings Plan, and how it may be used by parents and grandparents.

Member SIPC

Stocks                      Bonds                      CDs  
 Mutual Funds                      IRAs

Jim Becker  
 17 Pray Street, Amherst, MA 01002  
 (413)549-1979  
[www.edwardjones.com](http://www.edwardjones.com)  
 Member SIPC

**Edward Jones**  
 Serving Individual Investors Since 1871

**Singer Potito Associates, Inc.**

A Registered Investment Adviser  
 Amherst Cash Flow Model<sup>SM</sup>

Fee Only

Howard E. Singer, CFP  
 Michael A. Potito, AVA  
 Terry Singer, CFP

**413-256-1225**  
**413-525-6600**  
 Amherst/E.Longmeadow

*Conservative Retirement & Investment Planning  
 Without Commissions*

[www.singerpotito.com](http://www.singerpotito.com)



Member since:  
 I discovered  
 Yoga

Weekly Classes  
 Aerobics & Sculpting  
 Yoga  
 Personal Training  
 Initial & Follow Up Sessions  
 Reduced Rates!



**SENIOR WELLNESS**

**FREE**  
**1**  
**WEEK**  
 PASS FOR TWO



[www.goldsgymamherst.com](http://www.goldsgymamherst.com)

**Well, Well, Well**  
 You haven't slowed down a bit.



making a great community  
**better.**

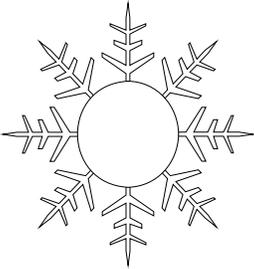
- 24-Hour Emergency Care.
- Inpatient/Outpatient Medical and Surgical Services.
- Joint Replacement Surgery and Center.
- Women's Health.
- Mental Health and Addictions.
- Radiology/Imaging.
- Cancer Care/Radiation Therapy.
- VNA & Hospice of Cooley Dickinson.

**413-582-2000**

With outpatient centers in Amherst, Easthampton, Florence, Hadley and South Deerfield.

COOLEY DICKINSON HOSPITAL  
 DARTMOUTH-HITCHCOCK ALLIANCE  
 30 Locust Street • Northampton, Massachusetts  
[www.cooley-dickinson.org](http://www.cooley-dickinson.org)

## Amherst Senior Center Activities December 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><u>STATE REP.</u> <u>ELLEN STORY</u> <u>OFFICE HOURS</u></p> <p>State Rep. Ellen Story comes to the Senior Center Lounge at the Bangs Community Center for an hour monthly to meet with citizens who want to talk with her.</p>	<p style="text-align: center;"><u>HOUSEMATE WANTED</u></p> <p>Female Hadley elder looking for a female housemate to spend time and daily activities with. The house is centrally located and privately owned by the elder. Housemate would have private bedroom and full access to the house. Daily chores and help around the house would be factored into the rent. Please contact Nancy Pagano at 256-4057 for more information if you are interested .</p>		<p><b>1</b></p> <p>9 Walking Group at Mall 9-12 Oil Painting Workshop 9:30-2:30 Nurse 11:45 Lunch 2-4 Brown Bag</p>	<p><b>2</b></p> <p>8:30 Strength Conditioning 9-3 Footcare with Debra 9:30 Keep Fit (St. Brigid's) <b>10-2 Holiday Bazaar</b> 11:00-11:30 Gentle Fitness 11:45 Lunch 1-4 Mah-Jongg</p>
<p><b>5</b></p> <p>10-5 Acupuncture 10:30 Keep Fit (St. Brigid's Church) 11-11:30 Gentle Fitness 11:45 Lunch 1-2 Grocery Bingo 1-4 SHINE 1-4 Mah Jongg 3-4 Tai Chi</p>	<p><b>6</b></p> <p>9-3 Massage 9:30 Blood Pressure Clinic 9:30 Strength Conditioning 9:30 Keep Fit (St Brigid's) 11:45 Lunch 12:30 Chinese Mah-Jongg <b>1 Currier &amp; Ives Trip departs</b> 1-2 Folkdance 1-4 Scrabble 2 Talking Book Club</p>	<p><b>7</b></p> <p>9-11:30 Watercolor Class 9:30 Yoga 9:30 Free Bread Program 9:30-2:30 Nurse 10-11:30 Peace of Mind 11:00-11:30 Gentle Fitness 11:45 Lunch 12-4 Hearing Aid Repair 12:30 Bridge 2-4 New Options 5:30-7 Caregivers Support Group</p>	<p><b>8</b></p> <p>9 Walking Group at Mall 9 COA Meeting 9-12 Painting Workshop 9-12 Ear Irrigation 9:30-2:30 Nurse 11:45 Lunch <b>1 Legal &amp; Finance Program for Families dealing with Alzheimers</b> <b>6:30 Protect your credit card identity at APD</b></p>	<p><b>9</b></p> <p>8:30 Strength Conditioning 9-12 Craft Club Workshop 9-3 Footcare w/ Debra 9:30 Keep Fit (St. Brigid's) 11-11:30 Gentle Fitness 11:45 Lunch 1-4 Mah-Jongg <b>2 Musical Showcase: "Rotisserie Chicken"</b></p> <hr/> <p><b>10 ARMS Chorus Concert</b></p>
<p><b>12 10-11:30 Medicare Part D workshop</b></p> <p>10-5 Acupuncture 10:30 Keep Fit (St. Brigid's Church) 11 Gentle Fitness 11:45 Lunch 1-4 SHINE 1-4 Mah Jongg <b>1:30-2:30 Chaos Control</b> 3-4 Tai Chi</p>	<p><b>13</b> 9-3 Massage 9:30-10:30 BP Clinic 9:30 Strength Conditioning 9:30 Keep Fit (St Brigid's) 10 Singer Seminar 10 SALT Council at APD 11:45 Lunch 12:30 Chinese MahJongg 1-2 Folkdance 1-4 Scrabble 1:30 Senior Travel Club 2-4 Memoir Writing #1</p>	<p><b>14</b></p> <p>9:30 Yoga 9:30 Free Bread Program 9:30-2:30 Nurse 10-11:30 Peace of Mind 11-11:30 Gentle Fitness 11:45 Lunch 12:30 Bridge 2-4 New Options 5:30-7 Caregivers Support Group</p>	<p><b>15</b></p> <p><b>7 Radio City Trip departs</b></p> <p>9 Walking Group at Mall 9-12 Painting Workshop 9:30-2:30 Nurse 11:45 Lunch</p>	<p><b>16</b></p> <p>8:30 Strength Conditioning 9-12 Craft Club 9:30-1:30 Footcare w/ Sharon 9:30 Keep Fit (St. Brigid's) 11 Gentle Fitness 11:45 Lunch 1-4 Mah-Jongg</p>
<p><b>19</b></p> <p>10-5 Acupuncture 10:30 Keep Fit (St. Brigid's Church) 11 Gentle Fitness 11:45 Lunch 1-4 SHINE 1-4 Mah Jongg 3-4 Tai Chi</p>	<p><b>20</b> 9-3 Massage 9:30-10:30 BP Clinic &amp; <b>Glucose meter &amp; blood sugar testing</b> 9:30 Strength Conditioning 9:30 Keep Fit (St Brigid's) 11:45 Lunch 12:30 Chinese Mah-Jongg 1-4 Scrabble <b>1:30 Holiday Party</b></p>	<p><b>21</b> 9:30 Yoga 9:30-2:30 Nurse 9:30 Free Bread Program 10-11:30 Peace of Mind <b>10 Wildwood School Holiday Concert</b> 11:00-11:30 Gentle Fitness 11:45 Lunch 12-4 Hearing Aid Repair 12:30 Bridge 1:30 Boxes of Food 2-4 New Options 5:30-7 Caregivers Support Group</p>	<p><b>22</b></p> <p>9 Walking Group at Mall 9-12 Painting Workshop 9:30-2:30 Nurse 11:45 Lunch</p>	<p><b>23</b></p> <p>8:30 Strength Conditioning 9-12 Craft Club 9:30-1:30 Footcare w/ Sharon 11 Gentle Fitness 11:45 Lunch</p> <hr/> <p><b>1/2 day-Bangs Center Closed in afternoon</b></p>
<p><b>26</b></p> <div style="border: 1px solid black; padding: 5px; text-align: center;">  <p><b>Happy Hanukkah</b></p> </div> <p style="text-align: center;"><b>BANGS CENTER CLOSED</b></p> <div style="border: 1px solid black; padding: 10px; text-align: center; margin-top: 20px;"> <p><b>Celebrate Kwanzaa!</b></p> </div>	<p><b>27</b></p> <p>9-3 Massage 9:30-10:30 BP Clinic 11:45 Lunch 12:30 Chinese Mah-Jongg 1-4 Scrabble</p>	<p><b>28</b></p> <p>9:30 Free Bread Program 10-11:30 Peace of Mind 11:45 Lunch 12:30 Bridge 2-5 New Options</p>	<p><b>29</b></p> <p>9 Walking Group at Mall 11:45 Lunch</p>	<p><b>30</b></p> <p>9:30-1:30 Footcare w/ Sharon 11:45 Lunch 1-4 Mah-Jongg</p>

## Amherst Senior Center Activities January 2006

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>BANGS CENTER CLOSED</b></p> 	<p><b>3</b></p> <p>9-3 Massage                      9:30 Strength Conditioning                      9:30-10:30 BP Clinic                      11:45 Lunch                      12:30 Chinese Mah-Jongg                      1-2 Folkdance                      1-4 Scrabble games                      2 Talking Book Group</p>	<p><b>4</b></p> <p>9-11:30 Watercolor                      9:30-10:45 Yoga                      9:30 Free Bread Program                      9:30-2:30 Nurse                      10-11:30 Peace of Mind                      11-11:30 Gentle Fitness                      11:45 Lunch                      12-4 Hearing Aid Repair                      12:30 Bridge                      2-4 New Options</p>	<p><b>5</b></p> <p>9 Walking Group at Mall                      9-12 Painting Workshop                      9:30-2:30 Nurse                      10-11 Computer w/ Carl Brose                      10-11:45 Shakespeare's "A Midsummer Night's Dream"                      11:45 Lunch                      2-4 Brown Bag</p>	<p><b>6</b></p> <p>8:30 Strength Conditioning                      9-12 Craft Club                      9-3 Foot care w/Debra                      11-11:30 Gentle Fitness                      11:45 Lunch                      1-4 Mah Jongg Games  <b>2 Musical Showcase: Jeanette Miller, Concert Soprano</b></p>
<p><b>9</b></p> <p>10-5 Acupuncture                      10:30 Keep Fit (St. Brigid's Church)                      11 Gentle Fitness                      11:45 Lunch                      1-2 Grocery Bingo                      1-4 SHINE                      1-4 Mah Jongg                      3-4 Tai Chi</p>	<p><b>10</b></p> <p>9-3 Massage                      9:30 Strength Conditioning                      9:30-10:30 BP Clinic                      9:30 Keep Fit (St. Brigid's Church)                      10 Singer/10 SALT at APD                      11:45 Lunch                      12:30 Chinese Mah-Jongg                      1-2 Folkdance                      1-4 Scrabble games</p>	<p><b>11</b></p> <p>9-11:30 Watercolor Class                      9:30-10:45 Yoga                      9:30 Free Bread Program                      9:30-2:30 Nurse                      10-11:30 Peace of Mind                      11-11:30 Gentle Fitness                      11:45 Lunch                      12:30 Bridge                      2-4 New Options</p>	<p><b>12</b></p> <p><b>8 Boston Museum of Fine Arts Trip Departs</b>                      9 Walking Group at Mall                      9-12 Ear Irrigation                      9-12 Painting Workshop                      10-11 Computer w/Carl Brose                      10-11:45 Shakespeare's "A Midsummer Night's Dream"                      9:30-2:30 Nurse                      11:45 Lunch</p>	<p><b>13</b></p> <p>8:30 Strength Conditioning                      9-12 Craft Club                      9-3 Foot care w/Debra                      9:30 Keep Fit (St. Brigid's Church)                      11-11:30 Gentle Fitness                      11:45 Lunch                      1-4 Mah Jongg Games</p>
<p><b>16</b></p> <p><b>MARTIN LUTHER KING HOLIDAY</b></p> 	<p><b>17</b></p> <p>9-3 Massage                      9:30 Strength Conditioning                      9:30-10:30 BP Clinic &amp; <b>Glucose Meter &amp; Blood Sugar Testing</b>                      9:30 Keep Fit (St. Brigid's Church)                      11:45 Lunch                      12:30 Chinese Mah-Jongg                      1-2 Folkdance                      1-4 Scrabble games</p>	<p><b>18</b></p> <p>9-11:30 Watercolor class                      9:30-10:45 Yoga                      9:30 Free Bread Program                      9:30-2:30 Nurse                      10-11:30 Peace of Mind                      11-11:30 Gentle Fitness                      11:45 Lunch                      12-4 Hearing Aid Repair                      12:30 Bridge                      1:30 Boxes of Food                      2-4 New Options</p>	<p><b>19</b></p> <p>9 Walking Group at Mall                      9-12 Painting Workshop                      9:30-2:30 Nurse                      10-11 Computer w/Carl Brose                      10-11:45 Shakespeare's "A Midsummer Night's Dream"                      11:45 Lunch                      1-4 SHINE</p>	<p><b>20</b></p> <p>8:30 Strength Conditioning                      9-12 Craft Club                      9:30-1:30 Foot care w/ Sharon                      9:30 Keep Fit (St. Brigid's Church)                      11-11:30 Gentle Fitness                      11:45 Lunch                      1-4 Mah Jongg Games  <b>2 Musical Showcase: Sarah Orellana, Flamenco Dancer</b></p>
<p><b>23</b></p> <p>10-5 Acupuncture                      10:30 Keep Fit (St. Brigid's Church)                      11 Gentle Fitness                      11:45 Lunch                      1-4 Mah Jongg                      3-4 Tai Chi</p>	<p><b>24</b></p> <p>8:30-10 Jim Becker                      9-3 Massage                      9:30 Strength Conditioning                      9:30-10:30 BP Clinic                      9:30 Keep Fit (St. Brigid's Church)                      11:45 Lunch                      12:30 Chinese Mah-Jongg                      1-2 Folkdance                      1-4 Scrabble</p>	<p><b>25</b></p> <p>9-11:30 Watercolor Class                      9:30-10:45 Yoga                      9:30 Free Bread Program                      9:30-2:30 Nurse                      10-11:30 Peace of Mind                      11-11:30 Gentle Fitness                      11:45 Lunch                      12:30 Bridge                      2-4 New Options</p>	<p><b>26</b></p> <p><b>8 Mohegan Sun departs</b>                      9-12 Painting Workshop                      9 Walking Group at Mall                      9:30-2:30 Nurse                      10-11 Computer w/Carl Brose                      10-11:45 Shakespeare's "A Midsummer Night's Dream"                      11:45 Lunch</p>	<p><b>27</b></p> <p>8:30 Strength Conditioning                      9-12 Craft Club                      9:30-1:30 Foot care w/ Sharon                      9:30 Keep Fit (St. Brigid's Church)                      11-11:30 Gentle Fitness                      11:45 Lunch                      1-4 Mah Jongg Games</p>
<p><b>30</b></p> <p>10-5 Acupuncture                      10:30 Keep Fit (St. Brigid's Church)                      11 Gentle Fitness                      11:45 Lunch                      1-4 Mah Jongg                      3-4 Tai Chi</p>	<p><b>31</b></p> <p>9-3 Massage                      9:30 Strength Conditioning                      9:30-10:30 BP Clinic                      9:30 Keep Fit (St. Brigid's Church)                      11:45 Lunch                      12:30 Chinese Mah-Jongg                      1-2 Folkdance                      1-4 Scrabble</p>	<p>Printer's space</p>		

TAX ASSISTANCE

TAX -AIDE VOLUNTEERS RETURN TO THE SENIOR CENTER

Starting on Monday, February 6th, the AARP Tax-Aide program, the nation's largest, free volunteer-run tax preparation service, will offer appointments at the Bangs Center from 9-1 PM. Tax assistance will continue weekly each Monday through April 12th.

Call 256-4057 to make an appointment. Bring a copy of last year's tax return to expedite preparation. Also bring a copy of real estate taxes and water/sewer charges paid in 2005 if you qualify for the Massachusetts "Circuit Breaker" Tax Credit. Please wait in the Senior Center Lounge for your appointment.



PLEASE HELP OUR SENIOR CENTER!!

**Attn.: Florence Savings Bank Customers!**

Each year, depositors at Florence Savings Bank can vote for which agency is deserving of a grant in the \$50,000 Customers' Choice Community Grants Program. Please vote for the Amherst Senior Center! Our agency's costs are exceeding our Town budget and we sincerely can use this help.

The program runs thru December '05. Voting can be done online at [www.florencesavings.com](http://www.florencesavings.com) or you can mail in your ballot. Thanks in advance!

Center for Extended Care at Amherst  
A Family Tradition for Life's Transition

- Rehab
- Alzheimer's Care
- Long Term Care

150 University Drive  
Amherst, MA 01002  
Telephone (413)256-8185  
Web—[www.cecaa.com](http://www.cecaa.com)  
Email—[anh@cecaa.com](mailto:anh@cecaa.com)

COMMUNITY NOTICES

LSSE FEE REDUCTION PROGRAM

The Amherst Department of Leisure Services and Supplemental Education has a Fee Reduction Program that is available to Amherst residents who are on a limited income. Eligibility guidelines are as follows: If you live alone and your monthly income is \$1,476 or less, or if you are a couple with a monthly income of \$1,978 or less you qualify for a 33% reduction in the cost of the class. If you are a single person with a monthly income of \$1,037 or less, or a couple with a monthly income of \$1,390 or less you qualify for a 66% reduction in the class cost. You will need to complete the Fee Reduction application form and provide income verification when you submit your application to the LSSE office.

Another LSSE service that is available to Amherst elders is their Alternative Learning Supports (ALS). If you have a hearing loss, visual impairment or a disability and want to participate in a LSSE class, but need support to do so, this service could help. You need to complete the ALS application form which provides LSSE with information about your limitations and what you need to be able to fully participate in the class. For elders who use a Personal Care Attendant and wish to take a LSSE class, your PCA may support you, at no cost, in the class. If you do not have a PCA, but need supports to fully participate, the ALS application should be completed.

Applications for both of these may be picked up at the LSSE office on level B in the Bangs Center, or call Maura Plante at 256-4057.

HEALTH WATCH SAVINGS

For a limited time, the VNA and Hospice of Cooley Dickinson Hospital is offering free installation of Health Watch units. This is a savings of \$75.00 for new subscribers only. As always, the Health Watch Monthly Monitoring Fee is billed ahead on a month-to-month basis. There are no long-term contracts and no waiting periods before installation. This offer is available to coupon holders on a first come/first serve basis. There are a limited number of coupons and this offer is only valid for those holding a coupon. Please call Maura Plante at 256-4057 for a coupon.

***New Beginnings!***  
Enjoy new friends, fine dining and activities in a grand setting.  
• Independent or Assisted Living  
• Choice of Cottages or Suites  
• Services to Meet Your Needs

**Rockridge**  
Retirement Community

For information about living at Rockridge now or in the future, call or visit today!  
586-2902

Serving Seniors Since 1971   
25 Coles Meadow Road - Northampton  
[www.nedeaconess.com](http://www.nedeaconess.com)

SENIOR TRUST  
AMHERST SENIOR CENTER  
70 BOLTWOOD WALK  
AMHERST, MA 01002

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
AMHERST, MA  
PERMIT NO. 64

RETURN SERVICE REQUESTED

**FROM THE EDITORS**

Since 1991, *The Senior Spirit* has been completely funded by donations and advertisers. A special thanks to the Senior Travel Club for funding the travel page of *The Senior Spirit*. We consider the following people to be *Friends of the Spirit*: Florence & Paul-Muller-Reed, Lois Barnes, Phyllis P. Bragg, Dorothy Berry, Louise Hammann, Angel G. & Carmen Ramirez, Barbara & Conrad Wogrin, George T. Britt, Dorothy Swanson, Kay F. Butler, H. Joan Hansen, Allan & Barbara Carpenter, Alfred H. Mathieson, Muriel E. Pad-dock

**DONATE**

to *The Senior Spirit* as a "Friend of the Spirit"

Enclosed is \$ \_\_\_\_\_

Please make check payable to

**"Senior Center Club"** and mail to:

Amherst Senior Center  
70 Boltwood Walk, Amherst, MA 01002

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

**SUBSCRIBE**

**Under 60 OR live outside Amherst?**

To receive *The Senior Spirit* by mail for 1 year (6 issues), please make check for \$10 payable to **"Senior Center Club"** and mail to:

Amherst Senior Center  
70 Boltwood Walk, Amherst, MA 01002

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_